GOOD NEWS FOR HOMEMAKERS

Stretching Meat Dollars

If you could eat anything you wanted, with no consideration for cost, availability, or any other limiting factor, you might choose beef steak or pork chops three times a day. But not all steer is steak and not all pig is pork chops. The increased cost of meat has caused many people to look for ways to stretch food dollars. There still are some "good buys" for those who practice the guidelines for getting the most from the meat dollar.

One way to cut meat costs is simply to buy less. Most people eat far more meat than they actually need for good health. Two servings per day from the meat group is the recommended amount and the serving size is 3 ounces of cooked meat, fish, or poultry. Or a serving may be 2 eggs, 1 cup cooked dry beans, dry peas, or lentils, or 4 tablespoons peanut butter.

There is more to buying meat than knowing the price per pound or the price per piece. Price per serving is the most realistic guide to economical choice. Boneless meat serves 3 to 5 persons per pound;cuts with little bone yield 2 to 3 servings per pound and meat with a large amount of bone yields 1 to 2 servings per pound. To calculate cost per serving, divide price per pound by the number of expected servings.

Among the thrifitier meat choices on a cost per serving basis are: hamburger, turkey, tuna, chicken, hams, hot dogs, beef and pork liver, some frozen fish, and canned luncheon meats.

Studying store ads and using "specials" to advantage is another way to get more for your meat money. Most stores offer some cuts of meat as "specials" each week at several cents off per pound. Often cuts featured one week will be replaced by other "specials" the following week, so there is plenty of opportunity for menu variety.

Study the cuts available in the store and learn how to use them to your best advantage. Plan to use the entire cut of meat to avoid waste.

Alert shoppers, who watch for specials, compare cost per serving, and plan to effectively use what they buy, continue to find ways to stretch the meat dollar.

RECIPE OF THE WEEK
Sourdough Biscuits

½ cup enriched flour
1 cupt starter
½ cup milk
1 tablespoon sugar
1½ cups enriched flour
2 teaspoons baking powder
1 teaspon baking soda
1 teaspoon salt
½ cup shortening

Measure ½ cup flour, Starter, milk and sugar into mixing bowl (not metal); beat until smooth. Cover loosely with waxed paper and let stand in warm place (80 to 85°) at least 18 hours. Stir batter down. Stir together 1½ cups flour, baking powder, baking soda and salt. Cut in shortening until mixture resembles coarse crumbs. Blend in Starter mixture. Add more flour if necessary to make a soft dough. Turn onto lightly floured surface and knead gently 30 seconds. Roll out ½-inch thick. Cut out biscuits with floured cutter. Place on ungreased baking sheet. Bake in preheated 450° oven for 10 to 12 minutes.

RED OAK BAPTIST VACATION BIBLE SCHOOL

Rev. G. E. Hughes, pastor

Red Oak Baptist Church Vacation Bible School will begin June 8th with registration starting at 5 with a picnic at 6 o'clock. Bible School wil begin Monday, June 10 thru Friday, June 14, beginning each evening from 6:30 until 9:00.

There will be a picnic on Saturday to close out Bible School. There will be Adult Class each evening, starting at 6:30. Teaching the class will be Mrs. Frances Harvey. Commencement will be Sunday morning, June 16. So come out for an exciting Bible School.

Mane Street - Lions Have Right-of-Way

Trespassers, beware. Seventy lions have been brought to Virginia to roam ove, a 40-acre area that, without question, now belongs to the ' 'e of beasts.

The lions are the latest arrivals at Lions Count. -fari, first phase of the $50 million Kings Dominion family entertainment complex under construction 20 miles north of Richmond on Interstate 95 at Doswell Exit. They join previous deliveries of rhinos, hippos, zebras, elephants and ostriches that will also inhabit the African wildlife preserve. Giraffes, antelope and many birds are awaiting their visitors.

Nearly 100 different species will be housed at the 120-acre park in three distinct areas of about equal size. Visitors will take a three-mile "safari" in their own vehicles through Lion Country, coming face-to-face with wild animals only a windowpane away.

"This is by far the best way to maintain these animals in captivity," says Larry Mather, the park's zoological manager. "Here they are fed and cared for, while being permitted to range freely over a large area. At the same time, people can see the animlas up close in a setting that resembles their native habitat."

The first section of Lion Country will house most species that coexist peacefully, including herds of camels, giraffes, elephants, several kinds of antelope and many birds. Prides of lions wander through the second section, landscaped to resemble their native Serengetti Plains. A third section has been set aside for specialty animals like the rare white rhino and compatible herds of zebras, hippos and ostriches.

A system of fences and protective barriers separates the lions from their natural prey and secures the entire preserve, which is continually patrolled by a force of rangers driving zebra-striped jeeties.

In the wild, lions generally group in prides of a dozen or more members, and the same is expected to occur at Lion Country. Three or four prides will form and stake out favorite locations within their territory.

All the animlas are of original African stock, drawn from over-populated areas where they faced the possibility of being hunted or dying of starvation on stinking grasslands. Some have been transferred to the Virginia preserve from successful breeding programs at affiliated Lion Country Safari's located across the country.

Visitors to the drive-through preserve will take along a narrated tape recording that, during the course of their tour, describes each animal's characteristics and habits. Passersby will not affect the wild animals or their patterns to any noticeable degree.

"They quickly become accustomed to the automobiles and buses," Mr. mather says, "but a safari on foot is still out of the question."

Kings Dominion is owned and operated by Family Leisure Centers, Inc., a company established by Taft Broadcasting Co., and Top Value Enterprizes, a subsidiary of Kroger Food Stores.

Anyone wishing to go down and see Kings Dominion should do so this year, so they may be able to drive thru Lion Country with their auto. Next year everyone will have to ride the Monorail.

Designating Flue-Cured Tobacco Mkts.

To be eligible for government price support, flue-cured tobacco growers must now designate the warehouses they wish to sell their tobacco and how much they wish to sell at each warehouse. Mahlon K. Rudy, State Executive Director for the Virginia Agricultural Stabilization and Conservation Service (ASCS) said. Rudy said the change was made to provide for more orderly marketing of flue-cured tobacco and to afford growers an equitable sales opportunity regardless of the amount of tobacco they have to sell. Growers may designate any tobacco warehouses at any market within a radius of 100 miles of the county seat in the county where the farm is located. In areas where there are fewer than eight markets within the 100 mile radius, growers may designate any warehouse in the closest eight markets.

Price support can be received by a grower only from the warehouse he designates and only on the amount of tobacco he designates for sale at each warehouse. If a grower wishes to change his designations, he may do so but only during specified weekly periods at monthly intervals which will be announced by the local ASCS office. Virginia flue - cured growers will be notified by their county ASCS offices when to come to the county office to sign up, Rudy said. The program is open to all flue-cured tobacco growers without regard to race, creed, color, sex or national origin.

AWARDED DEGREE

Rickey Garrett, son of Mr. & Mrs. John Garrett of Rte. 2, Gladstone, was awarded an A.A. degree in secondary education during the 88th Commencement E Kittrell College, Kittrell on May 6, 1974.

degree, transfer to a senior institution without loss of credit and continue in studies which lead to the B.S. degree and teacher certification.

Chowan College has an enrollment of approximately 1,150 students representing 31 states and 11 foreign countries.

Accepted By Chowan College

MURFREESBORO, N.C.-Joseph Stanley Johnson of Appomattox, Va. and a senior at Appomattox County High School has been accepted by Chowan College for the fall semester beginning Aug. 25, 1974. He will be enrolled in the pre-education curriculum with an emphasis on physical education.

Students completing the two-year pre-education curriculum receive the associate

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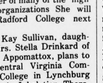

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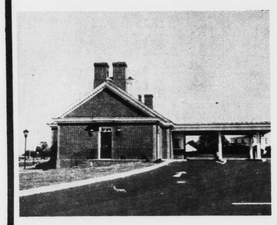

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Crafts To Open

Cont'd from Page 1

of the "Station Station Arts and Proposal in- lease (June 1 30) of the eastern station, with a tal fee and all paid by the Co-op. is a non-profit organization dedica- promotion of local crafts through display, and sale of consigned to the sold within the Co-op members. ross of the Co-op s sales outlet and for Appomattox original arts and econdary, long run to raise the level of crafts interest and the community special demon- classes, and training Membership will be rly to Appomattox ers without regard r, creed, or national ects to be sold at will be limited to s and crafts except antiques, home- od products, jams and jellies, and ndiana items, od patches, might at the discretion of membership. In the center will not th downtown bus- se of the limita- types of items to be

of the community have the option of their products to the ing up booths in the combination. For artist can manage ch and paint in the ek ends, while e week have his old by a shopkeeper ment basis. Having work", will create st for citizens and ers than merely a oduct." The Co-op ill receive a very ssion fee (percent s at time of sale) for gnment and booth, fee a lower fee. will be volunteers ales commissions, profit organiza- Co-op will use es and revenues ion, and advertis-

MEMBERSHIP ING - MAY 30

national meeting n Thursday, May to 12 PM, in the ension Office, Main purpose of the aking membership ership dues; election and board members; e of Articles of on and By-Laws; mination of station operating days, and mission fees, shop- fe. Because of limited ace, it is important od persons to attend ng; booth space will by station capacity. hould bring check or pay annual dues $5), and if you cannot attend, have someone r same and pay dues eting.

e considerable poten- expansion to include: il War exhibits and a useum. Special festi- be held in addition to g operation.

ural arts and crafts can make a unique ion to the economic al development of ork citizens. Tourism dustry is growing in Appomattox and rts of Virginia. Where travel, they want to locally made pro- e center can be in by Saturday, June 8. west of the station into and crafts center will handsome historic into a focal point of ity pride.

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ACHS Names Honor Graduates

Cont'd from Page 1

Jamerson of Pamplin, has been a member of many of the high school organizations She will enter Radford College next year.

Linda Kay Sullivan, daughter of Mrs. Stella Drinkard of Route 3, Appomattox, plans to enter Central Virginia Community College in Lynchburg majoring in Inhalation Therapy.

Virginia Beaty Tweedy, daughter of Mr. and Mrs. James Beaty of Appomattox has been active in many school organizations, including National Honor Society, Girls' Varsity Basketball and Softball Teams, Spanish Club, Pep Club and S.C.A.

Robert Allen Sears, Jr., is the son of Mr. and Mrs. Robert A. Sears, Sr. of Route 4, Appomattox. Al will enter VPI & State University next fall and plans to major in mathematics.

Miriam Elizabeth Ferris, daughter of Mrs. E. H. Fedrris of Route 1., Spout Spring. is president of the Future Business Leaders of America, ACHS Chapter. She has been quite active in many of the high school clubs.

Karen Eloise Marshall is the daughter of Mr. and Mrs. Elliott Marshall of Route 1, Spout Spring. She has been very active in many of the high school organizations. Karen plans to major in Dietetics and will enter Central Virginia Community College next fall.

The Appomattox County High School Band under the direction of Mr. Frank Coffey will play at both the Baccalaureate and the Commencement Exercises.

Class Sponsor is Mr. Henry Battle.

APPOMATTOX TEACHER RETIRES

Cont'd from Page 1

spanned the period from 1930-1973, she experienced numerous changes in the educational philosophy. She was able to adopt to these changes because of her keen interest in providing the best possible opportunities for her students and because she continued to stay abreast of new developments in education through enrollment in professional classes.

Mrs. Martin and her husband, Wesley Martin, are the parents of three sons who reside in Appomattox County. Being a native of Appomattox, she has held membership in the Spout Spring Baptist Church for a number of years.

Mrs. Martin maintains an active interest in the schools of the division. She is recognized for the contributions she made both as a member of the staff of the school she served and because of her influence upon her students.

Mr. Lloyd Walton, Division Superintendent, stated that he regrets that Mrs. Martin has had to apply for early retirement. That he feels her retirement will be a real loss to the county school system as she has made many valuable contributions through the years.

PACK RETIRES FROM TEACHING

Cont'd from Page 1

duty. He entered the service as a 2nd Lieutenant and served with distinction during World War II. In April, 1946 he was relieved from active duty as a major, and was appointed as a full-time instructor at the Appomatox High School. Mr. Pack, with a unique ability to organize and a visionary man of great ability, has seen the department of Agricultural Education at the Appomatox High School advance from a ⅗ of one man to two departments of Agricultural Education that requires seven instructors to handle the broad instructional program that is being offered in Agricultural Education in Appomatox County. Mr. Pack has served on numerous FFA and Agricultural Education committees. Probably the committee that he has made the greatest contribution has been that of the FFA Advisory Council. At the present time, he is serving as Chairman of this prominent committee. Among his many honors, Mr. Pack has received the Honorary State Farmer Degree, the Honorary American Farmer Degree, the State award for the advancement and teaching of Electrification, and the recognition as a Teacher of Teachers Gold Emblem Status for having taught five or more former students who are now teachers of Agricultural Education in Virginia.

It would be most difficult to recount the many honors that have been won by his former students. There are among this group of former students State officers; FFA Foundation winners at the area, state, and National levels; many State Farmer Degree candidates; and at least ten American Farmer recipients. Mr. Pack has rendered outstanding services to the Appomattox FFA Chapters, as well as to the State and national FFA Associations.

EUGENE W. PEYTON RESIGNS AS DIRECTOR OF INSTRUCTION

Cont'd from Page 1

tion, and is based on a need to be closer to our parents."

Mr. Peyton came to Appomattox in 1965 as principal of the Appomattox Elementary School and served in that position until July 1, 1967, when he was appointed Director of Instruction for the Appomattox County School system. He served Appomatox County schools in that position until his appointment as acting superintendent in 1972.

Prior to his coming to Appomattox, Mr. Peyton was principal in a school in Roanoke County, visiting teacher of Botetourt County and for five years served as general supervisor of instruction of Charlotte County. He received his Bachelor of Arts degree from Roanoke College, his Master of Education degree from V.P.I. and has completed the equivalent of one year's study in further graduate work at the University of Virginia.

Mr. Peyton is active in his profession and in community activities. He is a past president of the Appomattox Education Association, a member of Kappa Delta Pi and a member and past president of the Appomattox Lions Club.

He is married to the former Margaret Ann Walker of Christiansburg and they are the parents of two children, David and Phillip. They are members of the Memorial United Methodist Church.

The Peytons will be moving to Christiansburg as soon as the school session ends in Appomattox County. We wish for them every success as they move to a new community to assume new and different responsibilities.

Speaking on behalf of the School Board, Division Superintendent Walton said, "you and your family have played an important role in the school system and in the Appomattox community. All of you will be greatly missed by those of us who have worked with you daily in the school system and by those in the community who have grown to admire and respect you. Your services to the school system will be a loss which we cannot easily replace."

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Puritan Pulpit

For a living dog is better than a dead lion . . .
Ecclesiastes 9:4

Life is a precious thing, and in its humblest form it is superior to death. This truth is certain in spiritual things. It is better to be the least in the kingdom of heaven than the greatest out of it. The lowest degree of grace is superior to the noblest development of unregenerate nature. Where the Holy Spirit implants divine life in the soul, there is a precious deposit which none of the refinements of education can equal. The thief on the cross excels Caesar on his throne; Lazarus among the dogs is better than Cicero among the senators; and the most unlettered Christian is in the sight of God superior to Plato. Life is the badge of nobility in the realm of spiritual things, and men without it are only coarser or finer specimens of the same lifeless material, needing to be quickened, for they are dead in trepasses and sins.

A living, loving, gospel sermon, however unlearned in matter and uncouth in style is better than the finest discourse devoid of unction and power. A living dog keeps better watch than a dead lion, and is of more service to his master; and so the poorest spiritual preacher is infinitely to be preferred to the exquisite orator who has no wisdom but that of words, no energy but that of sound. The life holds good of our prayers and other religious exercises; if we are quickened in them by the Holy Spirit they are acceptable to God through Jesus Christ, though we may think them to be worthless things; while our grand performances in which our hearts were absent, like dead lions, are merely decaying flesh in the sight of the living God. Oh for living groans, living signs, living despondencies, rather than lifeless song and dead calms. Better anything than death. The snarlings of the dog of hell will at least keep us awake, but dead faith and dead profession, what greater curses can a man have? Quicken us, quicken us, Oh Lord!

Ernie W. Lucas, Pastor
Bible Baptist Church
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